

Group Exercise



FALL 2017 (September 1 - December 31)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30am						Spin 7:30-8:30am	
8:00am						Instructor TBA	Spin 8-9am
8:30am						Fit Factory 8:35-9:35am	(John)
9:00am	30/30 Cardio & Strength 9-10am		PiYo 9-10am		Step & Strength 9-10am	Instructor TBA	Body Blast (John) 9-9:30am
9:30am	(Jana)	Spin 9:30-10:30am	(Michelle)	Spin 9:30-10:30am	(Jana)		
10:00am	Core Workout (Jana)	(John)	Turbo Kick 10-11am	(John)	Core Workout (Jana)		
10:30am	10:15-10:45am	Body Blast (John) 10:30-11am	(Michelle)	Body Blast (John) 10:30-11am	10:15-10:45am		
11:00am	Women's Total Body Conditioning (Jana) 11am-Noon Mat Pilates	TRX & Flex 11am-Noon	Pilates Barre 11am-Noon	Fit Factory 11am-Noon	Ball Class 11am-Noon		
11:30am	11am-Noon (Michelle)	(John)	(Michelle)	(John)	(Jana)		
12:00pm		TRX & Cardio Drumming Noon-1pm (John)		TRX & Cardio Drumming Noon-1pm (John)			
EVENING CLASSES							
5:30pm							
6:00pm	Spin 6-7pm	Spin 6-7pm	Spin 6-7pm				
6:30pm	(John)	(Lynn)	(John)				
7:00pm	Fit Factory 7-8pm	BODYSHRED (Lynn) 7-7:30pm	Fit Factory 7-8pm				
7:30pm	(John)		(John)				
CLOSED	NO CLASSES Sept 4 Dec 25	NO CLASSES Dec 26	NO CLASSES	NO CLASSES Nov 23	NO CLASSES Nov 24	NO CLASSES Dec 23	NO CLASSES Dec 24

Old Redmond Schoolhouse Community Center, 16600 NE 80th Street, Redmond

Register online at www.redmond.gov/register or by calling 425-556-2300

* **4-Month Fit Pass**

* **1-Month Fit Pass**

* **4-Month Spin Unlimited**

* **Drop-In (60 Min Classes)**

* **Drop In (30/45 Min Classes)**

* **TRY A CLASS FOR FREE!**

\$140R/\$168NR

\$45R/\$54NR

\$100R/\$120NR

\$7R/\$9NR

\$5R/\$7NR



SATURDAY INSTRUCTOR SCHEDULE

<u>DATE</u>	<u>SPIN & FIT FACTORY</u>
9/2/17	Tracy
9/9/17	Lynn
9/16/17	Michelle
9/23/17	Michelle
9/30/17	Michelle
10/7/17	Tracy
10/14/17	Tracy
10/21/17	Michelle
10/28/17	Tracy
11/4/17	Tracy
11/11/17	Tracy
11/18/17	Michelle
11/25/17	Tracy
12/2/17	Tracy
12/9/17	Michelle
12/16/17	Tracy
12/23/17	Tracy
12/30/17	Michelle



City of Redmond Parks and Recreation

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